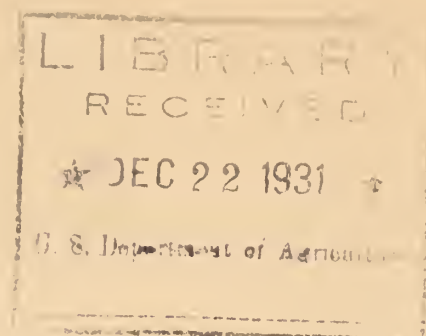


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UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS
WASHINGTON, D. C.



SKIM MILK POWDER RECIPES

Skim milk powder (dried skim milk) contains all the solids of whole milk except the butter fat. One pound of skim milk powder furnishes the same quantity of milk-solids-not-fat that is furnished by about 4 3/4 quarts of fresh skim milk. The fluid milk thus reconstituted can be used in cooking in the same manner as fresh skim milk. When the powder can be bought for something near the wholesale price, which ranges from about 6¢ to 10¢ a pound, it is a cheap source of milk proteins, calcium and phosphorus. When obtained at less than 15¢ a pound, dry skim milk provides fluid skim milk at 3¢ a quart or less.

Skim milk powder is made either by the roller process or the spray process. The spray process powder is used mainly for human consumption. With a few notable exceptions, the roller process powder is used for animal feeding.

Skim milk powder is a semi-perishable product. It gradually absorbs moisture if exposed to the air, and its flavor tends to deteriorate. It is suggested that the housewife secure only enough powder to last for two or three weeks, and that she keep it in a tight container, such as a glass fruit jar with a rubber and a tight fitting cover, in a cool place.

Because skim milk powder provides milk-solids-not-fat so cheaply, it has been included in minimum cost adequate diets suggested by the Bureau of Home Economics. General directions for the use of this comparatively unfamiliar product, together with a few recipes, will be found on the following pages.

To Reconstitute Fluid Skim Milk from Skim Milk Powder.

For convenience in measuring, allow 1/4 cup of powder for each cup of water, or one cup of powder for each quart of water. These proportions make a product that is somewhat richer in solids than fresh skim milk and that can be used in cooking just as fresh skim milk is used. Measure the water into a bowl, sprinkle the powder over the surface a little at a time, beating with an egg whip, a Dover beater or a fork. Use either cold or warm water. Boiling water is likely to make the powder lump.

For flour mixtures, it is sometimes more convenient to mix and sift the skim milk powder with the dry ingredients, and substitute water for milk.

COCOA

5 tablespoons cocoa	5 cups water
5 tablespoons sugar	1 1/4 cups skim milk powder
Salt	

Mix the cocoa, sugar, salt, and water and boil for 10 minutes. Cool the mixture slightly. Add the milk powder slowly, beating constantly until smooth. Reheat and serve.

CORNMEAL MUSH

1 quart milk made of	1 cup corn meal
1 cup skim milk powder	1 1/2 teaspoons salt
1 quart water	

Scald the reconstituted milk over a direct flame. Mix the salt with the cornmeal and sprinkle very slowly into the hot milk, stirring constantly while it thickens. Place over boiling water and continue cooking 3/4 hour or longer.

If the cornmeal is to be used for frying, pour while hot into a moistened bread pan and put in a cold place until firm. For frying, cut the mush in slices, sprinkle lightly with flour, and fry slowly until golden brown on both sides. Serve hot with jelly or sirup.

OATMEAL PORRIDGE

3 cups water	1 cup quick-cooking oatmeal
3/4 teaspoon salt	1/2 cup skim milk powder

Bring 2 cups of the water to the boiling point, add the salt, and sprinkle the oatmeal into the boiling water. Boil for 5 minutes and stir constantly. Pour in the milk made from the remaining cup of water and the milk powder. Place over boiling water, cover and cook until thickened.

FRENCH TOAST

1 egg	1/2 tablespoon sugar
1 cup milk made of	1/4 teaspoon salt
1/4 cup skim milk powder	Dry bread
1 cup water	

Beat the egg, add the reconstituted milk, sugar and salt. Dip half-inch slices of bread into the mixture, and fry in bacon fat until light brown on both sides. Serve hot with jelly or sirup.

PINWHEEL BISCUIT

2 cups sifted soft wheat flour
3 tablespoons skim milk powder
4 teaspoons baking powder
3 tablespoons fat
3/4 teaspoon salt

About 2/3 cup water
2 tablespoons creamed butter
4 tablespoons light brown or
soft maple sugar

Sift the flour, skim milk powder, salt, and baking powder together. Mix the fat into this mixture with a biscuit cutter. Add the water slowly, stirring from the center, until a soft dough is formed. Toss on a lightly floured board, and knead lightly for a few seconds, until well mixed. For small biscuits divide the dough in half. Roll out the dough in a square about 1/2 inch thick, and use half of the butter and sugar for each portion. Spread the butter over the surface and sprinkle the sugar over the butter. Then roll up each sheet of dough, sugar side in, like a jelly roll, and cut in inch slices. Place the biscuits, cut side down, in a greased pan and bake for about 15 minutes in a moderately hot oven, (375° F). Watch carefully that the sugar does not burn, and serve hot.

BATTER CAKES

1 1/2 cups flour
1/4 cup skim milk powder
3 teaspoons baking powder
1/2 teaspoon salt

1 beaten egg
1 cup water
1 tablespoon fat

Sift the flour, skim milk powder, baking powder, and salt together. Add the beaten egg, the water, and the melted fat. Beat until thoroughly mixed. Cook on a greased griddle until lightly browned on both sides. Serve at once.

QUICK POTATO SOUP

1 quart milk made of
1 cup skim milk powder
1 quart water
1 onion, cut in half

1 cup grated raw potato
3 tablespoons fat
1-3/4 teaspoons salt
1 small bay leaf
1/4 teaspoon celery salt

Scald the reconstituted milk in a double boiler, to which the onion and bay leaf have been added. Add the grated raw potato and the other seasonings. Stir until the mixture thickens, and cook until there is no raw starch taste. Remove the onion and bay leaf and serve the soup at once. If the soup becomes too thick add more milk until it reaches the right consistency.

YEAST BREAD MADE WITH SKIM MILK POWDER

To make 1 loaf - straight dough method

2 to 4 tablespoons skim milk powder	3/4 cake compressed yeast
3 1/4 cups flour (about)	7/8 cup water
1 tablespoon sugar	1 tablespoon fat, melted
1 teaspoon salt	

Mix the skim milk powder with the flour, sugar, and salt. Heat water to lukewarm and use a small quantity to soften the yeast. Stir liquid, yeast, and melted fat into dry mixture. Stir to a moderately stiff dough, knead well, cover, and place in a warm place (82°F.) to rise. When double in bulk (after about 30 minutes) punch down or knead lightly. Let rise about 10 minutes, punch down again or knead lightly. Let rise until doubled again (about 20 minutes), then shape in loaf and place in a lightly greased bread pan. When doubled in bulk, bake in a moderate oven (400° - 415°F.) about 40 minutes or until well browned.

CREAM OF VEGETABLE SOUP

2 tablespoons finely chopped rutabaga turnip	2 tablespoons melted fat
2 tablespoons finely chopped carrots	1 tablespoon flour
2 tablespoons finely chopped onion	1 quart milk made of
2 tablespoons finely chopped celery	1 cup skim milk powder
	1 quart water
	1/2 teaspoon salt

Cook the finely chopped vegetables in the fat for 10 minutes, add the flour, and stir until all are well blended. In the meantime, heat the reconstituted milk in a double boiler, add a little of it to the vegetable mixture, stir well, combine with the rest of the milk, add the salt, and cook for 10 minutes. The flavor is improved if the soup is allowed to stand for a short time to blend before serving. Reheat and serve.

MILK GRAVY

2 tablespoons drippings	1 1/2 cups milk made of
2 tablespoons flour	3/8 cup skim milk powder
1/4 teaspoon salt	1 1/2 cups water

Mix the drippings with the flour and salt thoroughly. Add the reconstituted milk slowly, and stir constantly until thickened. Boil a few minutes longer and serve at once.

RICE AND ONION SOUP

2 tablespoons broken rice
1/2 teaspoon salt
2 cups water
1 onion (cut in half)

2 cups milk made of
1/2 cup skim milk powder
2 cups water
1/4 cup salt pork cut in small pieces

Wash the rice and sprinkle slowly into the boiling salted water, add the onion, and cook until the rice is tender. Brown the pork until crisp, remove from the fat. Mix all of these ingredients except the pork, with the reconstituted milk and heat the mixture. When hot remove the onion, add the crisped salt pork, and serve.

SPLIT PEA SOUP

2 cups green split peas
Cold water
1 large onion, sliced
4 tablespoons fat
2 tablespoons flour

2 cups milk, made of
1/2 cup skim milk powder
2 cups water
2 teaspoons salt
Pepper

Pick over the peas, wash well and soak overnight in 1 quart of cold water. In the morning add 1 more quart of water and the onion, cover and simmer for about 1 1/2 hours or until the peas are soft. Press the peas and onion through a fine sieve and save all the liquid. Blend the fat and flour, add the reconstituted milk and boil. Stir until thickened, then continue boiling for five minutes. Mix with the pea pulp and liquid, season, and serve hot.

CORN CHOWDER

1 quart diced raw potatoes
2 cups boiling water
4 tablespoons diced salt pork
1 onion, chopped
2 cups canned corn

2 cups milk made of
1/2 cup skim milk powder
2 cups water
1/2 teaspoon salt
Pepper
2 tablespoons chopped parsley
or celery leaves

Boil the diced potatoes in the pint of boiling water for 10 minutes. Fry the salt pork and onion for about 5 minutes, and add these and the corn to the potatoes. Boil gently until the potatoes are done. Add the reconstituted milk and the salt and pepper, bring the mixture to the boiling point, and add the parsley or celery leaves. Place two or three crackers in a hot soup dish and pour in the chowder.

FISH CHOWDER

1 1/2 pounds fresh cod, haddock,
or any other fish
2 cups diced potatoes
1 cup diced carrots
1 quart water
1/2 pound salt pork, diced

1 onion, chopped
2 tablespoons flour
2 cups milk made of
1/2 cup skim milk powder
2 cups water
Salt and pepper

Cut the fish into small pieces and remove the bones and skin. Boil the potatoes and carrots in the water for 15 minutes. Add the fish. Fry the salt pork until crisp, remove from the fat, cook the onion in the fat for a few minutes, add the flour, stir until well blended, and add the reconstituted milk. Add this mixture to the fish and vegetables, then add the salt and pepper. Simmer for 5 minutes, stirring frequently. Add more seasoning if necessary. Place two or three crackers in a hot soup dish and pour in the chowder.

OATMEAL CHOWDER

2 cups quick cooking oats
1 quart boiling water
1 quart cold water
1 cup dry skim milk powder
1/4 pound diced salt pork

2 medium onions, chopped
2 cups shredded carrots
Pepper
Salt

Cook the oats in one quart of boiling water about 4 minutes, and stir frequently. Beat the milk powder until blended with the remaining quart of cold water. Fry the salt pork until crisp, remove the pork and cook the onions until well browned in the fat. Mix the cooked oats, onions, and carrots and simmer for a few minutes, then add salt and pepper to taste. Place two or three crackers in hot soup dish and pour in the chowder.

CREAMY RICE PUDDING

1 quart milk made of
1 cup skim milk powder
1 quart cold water
3 tablespoons uncooked rice

1/3 cup sugar
1/2 teaspoon salt
1/2 teaspoon nutmeg or cinnamon

Wash the rice, add it and the remaining ingredients to the milk reconstituted, and stir the mixture. Pour into a baking dish and bake 3 or 3 1/2 hours in a slow oven. Stir occasionally while baking.

